

If I have not already been referred, how do I find out more or ask for support from the Macmillan Wellbeing Centre?

Contact us or ask somebody involved in your care to make a referral on your behalf.

- ◆ Call in to the centre
- ◆ Telephone (voicemail available outside opening hours)
- ◆ e-mail the Centre

The Macmillan Wellbeing Centre is in the grounds of Trafford General Hospital
Moorside Road
Davyhulme
Manchester M41 5SN

Opening hours

Office hours: Monday to Thurs 9 - 5; Friday 9 - 4.30
Drop In Service: Monday to Friday 10am - 4pm

Telephone : 0161 746 2080

email: macmillancentretrafford@nhs.net

Compliments and complaints

The Patients Advice and Liaison Service (PALS) is a confidential NHS service that provides help, advice and information for patients, families and carers. We welcome all your feedback.

Contact PALS at: *Email: PALS@mft.nhs.uk; *Telephone: 0161 276 8686

Reviewed April 20



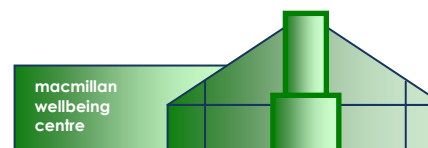
Macmillan Wellbeing Centre

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www.macmillancentretrafford.org



Here for you in Trafford



Trafford Local Care Organisation

Leading local care, improving lives in Trafford with you

Introduction

Cancer does not just affect the body; it has a huge emotional and social impact too. It affects the person with the diagnosis, and it affects those who care.



The Macmillan Wellbeing Centre has a warm, welcoming environment and we have a relaxed and informal approach. We work with you to identify your particular concerns and challenges, and plan how we can help you with these.

We also have a 'Drop-In Service' for anybody with concerns that need to be addressed immediately, no appointment necessary

Who is the service for?

- ◆ People affected by cancer.
- ◆ Their family members or carers, who are currently supporting them.

Our clients must be over 18 and live in Trafford or have a Trafford GP.

What will happen once I have been referred?

- ◆ An appointment will be made with a Supportive Care Co-ordinator. Here you can discuss your concerns, choose the Centre services you feel will be of most benefit to you, and agree future appointments.
- ◆ You will then be referred to the agreed therapies, groups or service.

We can offer you:

- ◆ A Supportive Care Co-ordinator to guide and support you during your time as a Centre client
- ◆ Information to meet your needs
- ◆ Therapeutic groups (for example relaxation, mindfulness and fatigue management)
- ◆ Referral on to other services that could help you
- ◆ Supportive Counselling
- ◆ Complementary therapies to help relieve stress & anxiety (for example reiki and reflexology)



Other Centre Services that could be available:



Bereavement Counselling.



Our own Melody Macs singing group



Wellbeing Wednesdays - monthly Wellbeing sessions

Various fundraising events are arranged throughout the year - everyone is welcome. The funds raised enable us to continue the work we do.